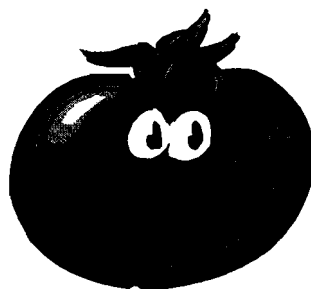


Recipes and Supply List for Demonstration



- 1. Peach Salsa**
- 2. Tomato-Basil Salsa**
- 3. Warm Mojo Salsa**
- 4. Summery Peach Salsa**
- 5. Cranberry-Mango Salsa**
- 6. Fruit Salsa**
- 7. Fresh Tomato-and-Corn Salsa**

Peach Salsa

3 cups coarsely chopped peeled peaches
1 cup diced red onion
1/4 cup fresh lemon juice
3 tablespoons minced fresh cilantro
2 tablespoons minced shallots
1 teaspoon chopped seeded serrano chile
1 teaspoon honey
1/4 teaspoon salt

Prepare peach salsa: Combine first 8 ingredients in a bowl; toss gently.

CALORIES 65 (3% from fat); FAT 0.2g (sat 0g, mono 0.1g, poly 0.1g);
PROTEIN 1g; CARB 16.5g; FIBER 1.60g; CHOL 0mg; IRON .40mg;
SODIUM 3mg; CALC 13mg

Supplies

cutting board
dry measuring cups
measuring spoons
liquid measuring cups
assorted sharp knives
small bowl
wooden spoon
large kitchen spoon
serving spoon
low fat crackers



Tomato-Basil Salsa

Serve with grilled vegetables, beef, or poultry. Or try it as a condiment on a grilled-chicken sandwich or toasted bagel with cheese.

2 cups chopped seeded peeled tomato
1/4 cup chopped fresh basil
2 tablespoons chopped red onion
2 tablespoons red wine vinegar
1/4 teaspoon salt
1/8 teaspoon black pepper

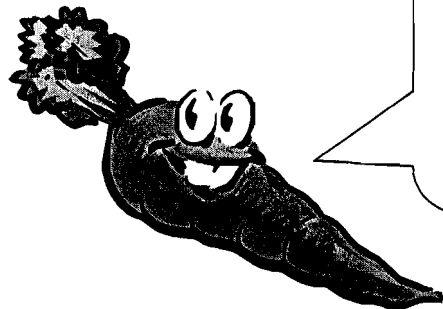
Combine all ingredients in a bowl.

Yield: 2 cups (serving size: 1/4 cup).

CALORIES 11 (16% from fat); FAT 0.2g (sat 0g, mono 0g, poly 0.1g);
PROTEIN 0.5g; CARB 2.5g; FIBER .60g; CHOL 0mg; IRON .20mg;
SODIUM 77mg; CALC 5mg

Supplies

dry measuring cups
measuring spoons
cutting board
small bowl
assorted sharp knives
serving spoon
pita bread wedges



Warm Mojo Salsa

Mojo ("mo-yo" in the Caribbean) is a condiment consisting of garlic, oil, and a citrus juice--usually lime. This recipe a combination of a mojo and a tomato salsa.

- 1 tablespoon vegetable oil
- 1 teaspoon annatto (achiote seed; optional)
- 4 garlic cloves, minced
- 3 tablespoons fresh orange juice
- 3 tablespoons fresh lime juice
- 2 cups diced seeded plum tomato (about 4 small)
- 1 tablespoon minced fresh basil
- 1 tablespoon minced fresh chives
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

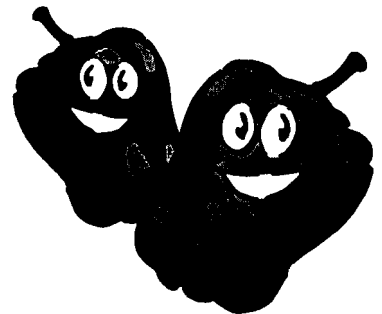
Combine oil and annatto (if desired) in a saucepan; cook over low heat for 5 minutes. Remove from heat; let stand 10 minutes. Strain through a sieve over a bowl; discard seeds. Heat 1 1/2 teaspoons oil mixture in pan; discard remaining oil mixture. Add garlic; saute 3 minutes. Add juices; bring to a simmer. Stir in tomato and remaining ingredients, and remove from heat. Serve warm over grilled fish or chicken.

Yield: 2 1/4 cups (serving size: 2 tablespoons). Note: Salsa can be made up to two days ahead.)

CALORIES 11 (37% from fat); FAT 0.5g (sat 0.1g, mono 0.1g, poly 0.2g);
PROTEIN 0.3g; CARB 1.7g; FIBER .30g; CHOL 0mg; IRON .10mg;
SODIUM 35mg; CALC 3mg

Supplies

*electric frying pan
sieve
medium size bowl
cutting board
assorted knives
liquid measuring cups
measuring spoons
wooden spoon
small bowl
serving spoon
low fat tortilla chips*



Summery Peach Salsa

1 cup diced peach
1/2 cup diced plum
1/4 cup minced shallots
3 tablespoons orange juice
2 tablespoons minced fresh parsley
1 teaspoon grated lime rind
2 tablespoons fresh lime juice
1 1/2 tablespoons chopped seeded jalapeno pepper
1 tablespoon minced fresh mint
1 tablespoon honey
1 teaspoon minced peeled fresh ginger

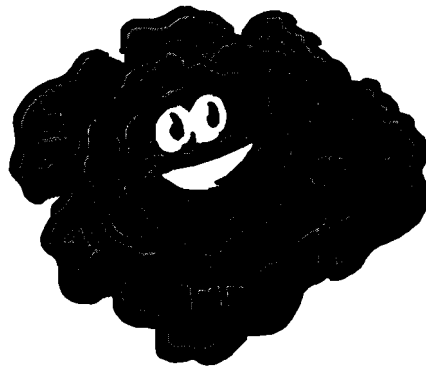
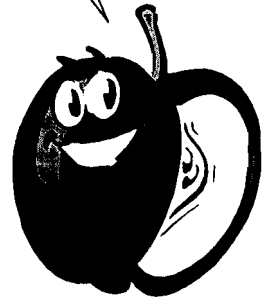
Combine all ingredients in a bowl. Cover and chill.

Yield: 2 cups (serving size: 1/2 cup).

CALORIES 65 (3% from fat); FAT 0.2g (sat 0g, mono 0.1g, poly 0.1g);
PROTEIN 1g; CARB 16.5g; FIBER 1.60g; CHOL 0mg; IRON .40mg;
SODIUM 3mg; CALC 13mg

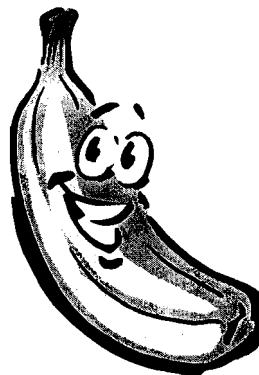
Supplies

cutting board
assorted knives
2 medium bowls
measuring bowls
measuring spoons
wooden spoon
serving spoons
low fat crackers



Cranberry-Mango Salsa

1 cup finely chopped cranberries
1 cup chopped peeled mango or papaya
1/4 cup minced red onion
2 tablespoons minced fresh cilantro
1 1/2 teaspoons honey
1 teaspoon minced seeded jalapeno pepper
1/4 teaspoon salt



Combine all ingredients in a small bowl, and toss well.

Yield: 1 1/2 cups (serving size: 1/4 cup).

CALORIES 36 (3% from fat); FAT 0.1g (sat 0g, mono 0.1g, poly 0.1g);
PROTEIN 0.4g; CARB 9.2g; FIBER .80g; CHOL 0mg; IRON .20mg;
SODIUM 99mg; CALC 8mg

Supplies needed for either recipe

cutting board
assorted knives
medium size bowl
wooden spoon
serving spoon
measuring cups
measuring spoons



Fruit Salsa

1 1/2 cups chopped strawberries
3/4 cup finely chopped peeled mango
3/4 cup finely chopped pineapple
1 teaspoon minced fresh mint
1/4 to 1/2 teaspoon coarsely ground pepper

Combine all the ingredients in a small bowl; cover and chill.

Yield: 3 cups (serving size: 1/2 cup).

CALORIES 34 (8% from fat); FAT 0.3g (sat 0g, mono 0.1g, poly 0.1g);
PROTEIN 0.4g; CARB 8.6g; FIBER 1.60g; CHOL 0mg; IRON .30mg;
SODIUM 1mg; CALC 9mg

Fresh Tomato-and-Corn Salsa

1/2 cup fresh corn kernels (about 1 ear)
1 1/4 cups chopped tomato
1/2 cup chopped fresh cilantro
1/4 cup chopped red onion
1/4 cup chopped green onions
1/4 cup fresh lemon juice
1 teaspoon hot pepper sauce
1/2 teaspoon olive oil
1/4 teaspoon salt
1/4 teaspoon ground cumin

Steam corn, covered, 2 minutes, and cool. Combine corn and remaining ingredients in a large bowl. Note: The salsa can be made a day in advance. Cover and chill.

Yield: 2 cups (serving size: 1/4 cup).

CALORIES 24 (23% from fat); FAT 0.6g (sat 0.1g, mono 0.5g, poly 0.2g);
PROTEIN 0.8g; CARB 4.8g; FIBER 1.0g; CHOL 0mg; IRON .50mg;
SODIUM 86mg; CALC 11mg

Supplies

cutting board
assorted knives
medium size bowl
wooden spoon
serving spoon
measuring cups
measuring spoons

